



STORY TELLING WITH SASQUATCH
WEEK 3 HOMEWORK

- DEFINE YOUR CORE VALUES -

CIRCLE 8 FROM THIS LIST



CREATION	ASSERTIVENESS	ACCEPTANCE
CURIOSITY	CONFIDENCE	COMFORT
DISCOVERY	DEDICATION	COMPASSION
EXPLORATION	DISCIPLINE	CONTENTMENT
EXPRESSIVE	PERSISTENCE	EMPATHY
IMAGINATION	POWER	GRACE
INNOVATION	RESTRAINT	GRATITUDE
INQUISITIVE	RIGOR	HAPPINESS
INTUITIVE	SELF-RELIANCE	HOPE
OPENNESS	BRILLIANCE	INSPIRING
ORIGINALITY	CLEVER	IRREVERENT
UNIQUENESS	COMMON SENSE	JOY
WONDER	DECISIVENESS	KINDNESS
ALERTNESS	FORESIGHT	LOVE
ATTENTIVE	GENIUS	OPTIMISM
AWARENESS	INSIGHTFUL	PASSION
BEAUTY	KNOWLEDGE	PEACE
CALM	LEARNING	RESPECT
CLEAR	LOGIC	REVERENCE
CONCENTRATION	OPENNESS	SATISFACTION
FOCUS	THOUGHTFUL	SERENITY
SILENCE	UNDERSTANDING	THANKFUL
SIMPLICITY	VISION	TRANQUILITY
SOLITUDE	WISDOM	WELCOMING



- NOW PICK THE MOST IMPORTANT 3 CORE VALUES FROM
THE 8 YOU CIRCLED ABOVE -

1.



2.



3.



THESE ARE YOUR GUIDES. TELLING STORIES CAN BE SO
OPEN ENDED THESE VALUES ARE LIKE LITTLE GUARDRAILS
ON YOUR STORY TELLING HIGHWAY. IT'S GONNA GET REAL
MESSY IF YOU DON'T PAY ATTENTION TO THEM. IF YOU DO
PAY ATTENTION, YOU WILL BE CLEARLY UNDERSTOOD
BECAUSE YOU YOURSELF ARE CLEAR.

- OBSERVE THE WORLD -



OBSERVE THE SAME SPACE, AT THE SAME TIME
FOR 15-30MINS EVERY DAY. JUST LISTEN, LOOK,
LEARN, REASON. BE PRESENT. WRITE ABOUT WHAT
YOU SEE. NOTHING FANCY. A LOG WITH A LITTLE
BIT OF NARRATIVE IS FINE.

EXAMPLE:

"TREE - LEAFLESS, BROWN, MOVES WITH THE
WIND, ROUGH EXTERIOR, HOME TO SQUIRRELS AND
RED BIRDS."

WE ARE NOT MAKING STORIES FOR THE THINGS WE
SEE, JUST NOTING THEY EXIST AND WHAT THEY
HAVE.

